



2022 | 2023 TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45A.M.	5:45A.M.	5:45A.M.	5:45A.M.	5:45A.M.
OPEN GYM Please RSVP	OPEN GYM Please RSVP	OPEN GYM Please RSVP	OPEN GYM Please RSVP	OPEN GYM Please RSVP
8:30A.M. OPEN GYM Please RSVP	8:30 A.M. YOGA	8:30 A.M. YOGA	8:30 A.M. YOGA	8:30A.M. OPEN GYM Please RSVP

PRIVATE SESSIONS ARE BEING OFFERED TO ATHLETES INTERESTED IN THE FOLLOWING:

- Customized "Sport Specific" programming available.
- Balance / Mobility / Rehabilitation / Triathlon / Spartan Races
- ONRAP sessions will be offered to Clients AGE 12+ joining BodyworX
- Pricing / Rate Information available (increased rates for shared package/sessions apply) The following packages are P.I.F. / Paid in Full

- 1- Month (8 X) 2 x Weekly 320/mo.
- 2 - Month (16X) 2 X Weekly or (16) 2 x Weekly 280/mo.(560.00)
- 3 - Month (24X) 2 X Weekly or (48) 2 x Weekly 240/mo. (720.00)

124 Chapel Crossing Rd.
Brunswick, GA
Located behind Wellman Family
Healthcare and next to Pak's
Karate

PLEASE RSVP by sending
"Sign-me Up" to
signmeup4bodyworxstudio912@gmail.com
or by text/call 912.996.5535